





## June 29, 2026 - September 6, 2026

SUNDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Soccer 8:00am - 10:00am	Open Gym 8:00am - 11:00am	Squash, Raquetball, Handball, Table Tennis		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM	Open Gym 10:00am - 1:45pm	Volleyball 11:00am - 1:00pm	Courts Available 8:00am - 4:00pm		Zumba 10:30am - 11:30am
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Pick-Up Basketball 2:00pm - 4:00pm	Open Gym 1:00pm - 4:00pm	Table Tennis League 9:00am - 11:00am Ends July 12		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

MONDAY					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00am-11:15am	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis		
7:00 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:15 AM					Yoga 9:15am - 10:15am
9:30 AM					
10:00 AM	Pickleball 11:30am - 1:30pm	YMCA Childcare 10:00am - 11:00am	Courts Available 6:00am - 9:30pm		
10:15 AM					
10:30 AM					
11:00 AM					
12:00 PM					
12:30 PM		Open Gym 11:00am - 3:00pm	Table Tennis League 5:30pm - 7:30pm Ends July 12	Queenex 12:15pm - 1:00pm	
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Open Gym 1:45pm - 7:15pm	Badminton 3:00pm - 6:00pm			
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:15 PM					CycleFit 5:15pm - 6:00pm
5:30 PM					
6:00pm	Pick-Up Basketball 7:30pm - 9:15pm	Open Gym 6:00pm - 9:30pm			
6:15 PM					
6:30 PM					
7:00 PM					
7:15 PM					
7:30 PM					Pilates 6:15pm - 7:00pm
7:30 PM					
7:30 PM					Zumba 7:15pm - 8:15pm
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					

 Drop In Rec Sports	 Drop in Gym
 Drop In Group Fitness	 Registered Programming

# TUESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am - 9:30pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis  Courts Available 6:00am - 9:30pm			
8:00 AM						
9:00 AM						
10:00 AM				YMCA Childcare 10:00am - 11:00am		Gentle Fit 10:00am - 10:45am
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:15 pm						HIIT 12:15pm - 12:45pm
12:30 PM						
1:00 PM						
1:15 PM						Stretch and Mobility 1:00pm - 2:00pm
2:00 PM						
2:15 PM						
3:00 PM						
3:30 PM						
4:00 PM						
5:00 PM						
6:00 PM						
6:30 PM						
6:45 PM						Strength and Conditioning 6:45 pm- 7:30pm
7:00 PM						
7:30 PM						
7:45 PM						Stretch and Recover 7:45pm - 8:30pm
8:45 PM						
9:30 PM						

# WEDNESDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00am - 7:15pm  Pick-Up Basketball 7:30pm - 9:15pm		Squash, Raquetball, Handball, Table Tennis  Courts Available 6:00am - 9:30pm  Handball 5:30pm - 6:45pm Court 4		CycleFit 6:15am - 7:00am July 8 - Aug 12	
7:00 AM						
8:00 AM				Open Gym 6:00am - 10:00am		ViPR Pro Golf - ends July 15 8:15am - 9:00am ViPR Pro - July 22- Sept 2
9:00 AM						
9:15 AM						
9:30 AM						Pilates 9:15am - 10:15am
10:00 AM				YMCA Childcare 10:00am - 11:00am		
10:15 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM				Open Gym 11:00am - 3:00pm		Express Core 12:15 pm- 12:45pm
1:30 PM						
2:00 PM						
3:00 PM						
4:30PM				Badminton 3:00pm - 6:00pm		
5:00 PM						
5:30 PM						
6:00 PM						
6:15 PM						
6:30 PM						
7:00 PM						
7:15 pm						
7:30 PM		Open Gym 6:00pm - 9:30pm		Zumba 7:30pm - 8:15pm		
8:00 PM						
8:15 PM						
8:30 PM						
9:00 PM						

# THURSDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00am-6:45pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis					
7:00 AM								
8:00 AM								
9:00 AM								
9:30 AM								
10:00 AM				YMCA Childcare 10:00am - 11:00am			Gentle Fit 10:00am - 10:45am	
10:30 AM								
11:00 AM				Open Gym 11:00am - 3:45pm				
11:30 AM								
12:00 PM								Express Circuit 12:15 pm- 1:00pm
12:30 PM								
1:00 PM								
1:15 PM								
2:00 PM								
2:15 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30pm		Volleyball 4:00 pm- 6:00pm	Courts Available 6:00am - 9:30pm		CycleFit 4:30pm - 5:15pm			
5:00 PM								
5:15pm								
5:30 PM					Pilates 5:30pm - 6:15pm			
6:00pm								
6:15pm								
6:30 PM								
6:45pm								
7:00 PM	Soccer 7:00pm-9:30pm	Open Gym 6:15 pm- 9:30pm			Strength & Conditioning 6:45pm - 7:30pm			
7:30 PM								
7:45 PM								
8:45 PM					Yoga 7:45pm - 8:45pm			
9:00 PM								

# FRIDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00am- 7:15pm	Open Gym 6:00am - 10:00am	Squash, Raquetball, Handball, Table Tennis					
7:00 AM								
8:00 AM								
9:00 AM								
10:00 AM				YMCA Childcare 10:00am - 11:00am				
10:30 AM								
11:00 AM				Open Gym 11:00am - 3:00pm				
11:30 AM								
12:15 PM								CycleFit 12:15pm - 1:00pm
12:30 PM								
1:00 PM								
1:15pm							Yoga 1:15pm - 2:15pm	
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM		Badminton 3:00pm - 6:00pm						
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:15 PM								
7:30 PM	Pick-Up Basketball 7:30pm - 9:30pm	Open Gym 6:00pm - 9:30pm			ViPR Pro 6:30pm - 7:15pm			
8:00 PM								
9:00 PM								

# SATURDAY

	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00am - 10:30am	Open Gym 8:00am - 3:30pm	Squash, Racquetball, Handball, Table Tennis		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM	Pick-Up Basketball 10:45am - 12:45pm	Open Gym 8:00am - 3:30pm	Courts Available 8:00am - 5:30pm		Barre 9:30am - 10:15am
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	Open Gym 1:00pm - 5:30pm	Volleyball 3:30pm - 5:30pm	Table Tennis League 9:00am - 11:00am Ends July 12		Strength & Conditioning 11:45am - 12:45pm
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
5:00 PM					
5:30 PM					

## FACILITY HOURS

Monday - Friday 6:00am - 9:30pm

Saturday 8:00am - 5:30pm

Sunday 8:00am - 4:00pm

Holidays: as posted

## SWIM ADMISSION CRITERIA

### Children ages 0 – 5:

An adult parent or guardian (16 years of age or older) must be in the water, within arms' reach, at all times. Ratio: 1 adult per 2 children.

### Children ages 6 – 9 unable to Pass Swim Test:

If unable to successfully complete the facility swim test, children must be accompanied by a parent/guardian (min 16 years of age) in the water within arm's reach at all times.

Maximum ratio: 3 children: 1 adult; with lifejackets, maximum ratio: 6 children: 1 adult.

### Children ages 6 – 9 unable to Pass Swim Test:

Must be supervised by parent/guardian (min 16 years of age) in the pool area (visual contact). Can swim in both pools. Maximum ratio: 3 children to 1 adult.

### Ages 10 - 15 Years:

Must pass a swim test to access deep-water. If they do not pass, they must stay in the shallow end.

### What is the Facility Swim Test?

To enter deep water and/or swim independently, swimmers must:

- 25 Meter non-stop front swim
- 30-second tread in deep end.

Adult Swim test - at the lifeguard's discretion.